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The Return — For Little Ones

Coming home to yourself

A gentle practice for when you are feeling upset, wobbly or just not quite right. It helps you find the quiet, calm place that lives inside you, because it is always there, even when it does not feel like it.

WHEN TO USE IT

- When something has upset you
- When you feel wobbly or scared
- When big feelings will not go away
- When you feel a bit off and do not know why

BEFORE YOU START

Find a comfy spot and ask a grown up you trust to sit with you. There is nothing to do except be here.

THE STEPS — FOLLOW THEM IN ORDER

1. **Notice the feeling:** Where do you feel it in your body? Your tummy, your chest, your throat? Just notice it, like you are looking at a cloud in the sky. You do not have to make it go away.
2. **Breathe love in:** Put your hand on your heart. Take three big slow breaths and imagine breathing in something warm and golden, like sunshine, filling up your whole body from your head all the way down to your toes.
3. **Think of your happy place:** Close your eyes and picture somewhere that makes you feel safe and happy. It might be real or made up. Feel what it is like to be there. Stay as long as you like.

AFTERWARDS

Give yourself a big hug or ask your grown up for one. You just did something really brave. Big feelings are not wrong, they just need somewhere to go. And you always have your quiet place inside, ready and waiting for you.